

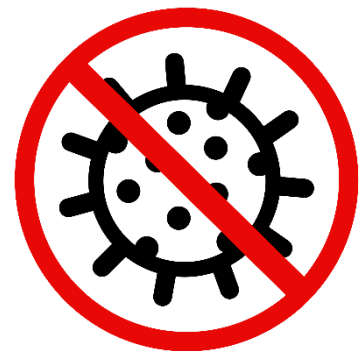


Weekly Bulletin Friday 1 July 2022

COVID REMINDER!

As the number of COVID cases continue to fluctuate, I should not need to remind all members that there is still a need to continue **COVID Safe Behaviours** in our everyday lives and routines which helps lower personal risk as well as the risk to our community:

- **Be** up to date with your vaccinations
- **Wear** a mask if you wish or when required
- **Check in** with CBR (optional)
- **Maintain** hand hygiene at all times
- **Continue** to clean frequently touched surfaces
- **Keep** your distance from each other
- **Stay** at home if unwell
- **Get** tested if you have symptoms
- **Advise the Club Office if testing positive for COVID after attending the Club**



The message remains the same and it is most disconcerting that it appears Club members **ARE NOT** informing the Club when they have tested positive after attending activities.

As our demographic is considered one of those at risk, this is not responsible and is not following the specific instructions from the COVID-19 website:

They should also tell their social contacts that they are at risk of getting COVID-19 if they spent time with them during their infectious period.

The infectious period is **from 2 days before they started having symptoms or tested positive** (whichever came first).

All members should **advise the Club office** if they have tested positive after attending the Club so that we can inform those members who have been to that activity.

Many members are vulnerable to infection so we ask you to please think of the health of others as well as your own and do all that you can to prevent the spread of infection.

Phil Burns President

WHAT'S BEEN HAPPENING!

PETANQUE 'COME AND TRY' WEEKEND

The Pétanque 'Come and Try' weekend took place last week. The weather was glorious and in the end nine members stayed the course!

Saturday afternoon was an intro to the game via skills and drills and explanations of how the game works with some fun novelty games to practice these skills.



9 Pétanque players enjoying an amazing morning by the lake.



Shooting skills



Pointing skills



Where is that cochonette?

On Sunday several activity stations were set up for warming up and to reinforce skills. Then everyone was put into teams and Catherine and Jim ran a mini competition to give members a real feel for the game. This worked really well with everyone becoming friendly competitors!



The first doubles is underway. Look at that terrific pointing!



Measuring is part of 'whose point is it!' These clever people all got extremely close to the cochonette.



As the numbers were odd, these members are playing a triples games. Lots of boules in this scenario.



Randomly made teams, which separated couples and mixed the skill sets! Jim made certificates for the winners and runners up. As you see, the certificates spread across the group very well.

Jim had made certificates for the winners and runners up and they were spread across the group.

A big thank you for Catherine and Jim for introducing this enjoyable game to the Club – the feedback has been very positive and has started a conversation as to how Petanque can continue as a Club activity.

ACTIVITIES UPDATE!

TIMETABLE

Sunday 3 July – Friday 8 July

*GC Gumnut Cottage *TSC Tugg Seniors Centre

Day / Date	Time	Activity
Sun 3 July	9.20 am	Discover Canberra WG
	2.00 pm	Social Bingo - TSC
Mon 4 July	9.30 am	Bolivia - GC
	9.30 am	Crafty Corner - GC
	1.30 pm	Table Tennis - TSC
	2.00 pm	Improvers Bridge - GC
Tues 5 July	8.00 am	Active Ex – Men - TSC
	9.10 am	Active Ex – W – TSC
	10.00 am	Garden Gossip - GC
	10.00 am	Beginners Pool - GC
	10.00 am	LL Cycling Group
	1.00 pm	Mah-jong – GC
	Wed 6 July	8.30 am
	9.30 am	Cribbage – GC
	10.00 am	'Take 55' Movie Group
	10.00 am	Carpet Bowls – TSC
	12.15 pm	Line Dancing-AB-TSC
	1.00 pm	K-nit 'n' K-natter – GC
	1.30 pm	Line Dancing-Beg -TSC
	2.45 pm	Line Dancing-Imp – TSC
Thurs 7 July	9.30 am	500 (Cards)- GC
	10.00 am	Social Pool - GC
	10.00 am	Family History - TSC
	1.00 pm	Mah-jong – GC
	2.00 pm	Book Club - TSC
	3.30 pm	Social Bridge – GC
Fri 8 July	9.15 am	Tai Chi – TSC
	10.00 am	Cycling Group
	11.45 am	Sit n Be Fit – TSC
	12.00 pm	Learning Circle – TSC
	2.00 pm	Carpet Bowls – TSC
	4.15 pm	Uke 55 - GC



SCHOOL HOLIDAYS TIMETABLE

ZUMBA



MOVEMENT 4 MEMORY



Finishes - Monday 27 June

Restarts - Monday 18 July

TEN PIN BOWLING



Finishes – Wednesday 22 June

Restarts – Wednesday 20 July

YOGA (all classes)



Finishes - Thursday 30 June

Restarts - Monday 18 July



SOCIAL POOL

CHANGE OF FREQUENCY

NOW 1st & 3rd OF THE MONTH

From July, Social Pool will move from every Thursday morning to 1st and 3rd Thursday morning of the month.

Beginners Pool remains weekly on Tuesday mornings.

Starting time for both sessions is 10.00 am.

Fun Fact

Pool is one of the safest sports in the world. There's nothing to fall off, no one trying to hit you or tackle you, and none of that ridiculous running and jumping malarkey. In fact, you'll only manage to work up a sweat if you end up getting into a heated match and stressing about the win. What a perfect sport!

WHAT'S ON THIS WEEK!



Tuesday - 5 July – 10.00 am GARDEN GOSSIP Brightening Life Indoors!

Remember terrariums and those giant rubber plants or monstera of yesteryear, or perhaps you still have them thriving indoors? This month our topic is growing things indoors, pot plants, sprouts, microgreens, mushrooms...pile of garden catalogues etc.

If you do use your green thumb to brighten life indoors then July is your opportunity to share your knowledge with the rest of us - what plants have you had success with, what sort of problems should a beginner be aware of?

The Sydney Morning Herald recently had an article listing 10 houseplants to brighten your home this winter and I will bring some copies of this article.

Of course, as always, feel free to bring your questions for the group (Brains Trust) to help answer and anything you might have spare for the sharing table.

I look forward to seeing you at our next meeting and promise to have our room nicely heated by the time you arrive!

Mandy Cox



Wednesday - 6 July – 8.30 am INTRODUCTION TO BIRDWATCHING

On 6 July we will go to Mulligans' Flat Nature Reserve, on the north side (this visit was cancelled in June due to inclement weather). Within the Reserve an area has been fenced to create a sanctuary where several species of mammal and Bush-Stone Curlews have been released into an environment where they are safe from predators such as cats and foxes. It will be an easy walk along paths.

We will carpool to the Reserve, meeting at 8:30 in the carpark on the eastern side of Lake Tuggeranong. It is the first carpark which is on the righthand side of Mortimer Lewis Dr when you come in from the north. (near the playground). But please do not come along if you are unwell.

Bring sturdy walking shoes, bottle of water and binoculars and, as always, come prepared for any weather eventuality.

Please contact Lia at liabattisson@grapevine.com.au if you intend to come along and to arrange carpooling if you would like.

Lia Battisson



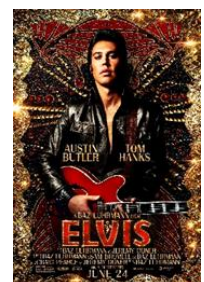
Wednesday – 6 July – 10.00 am 'TAKE 55' Movie/Coffee Group

Once again, we had great conversation over coffee before going to the movies to see "Elvis". We had mixed feelings about the movie. It was a compact look at his life and missed huge chunks of his career. The acting was very good although a lot of the singing was hard to hear.



As the school holidays start next week,
we will meet for coffee **at the Vikings Club at 10.00 am.**

Why not join us!



Pam Hall



Thursday – 7 July – 10.00 am FAMILY HISTORY GROUP

Topic: “Australia - Land of Opportunity”

Since our convict days people have come from many parts of the world to live here in Australia. Some paid their own way whilst others were assisted by organisations. How did your ancestors reach this land of opportunity? Was it the land of opportunity for your ancestors?

The meeting will be in the Parkview Hall and new members are always welcome!

And don't forget to have a look at the [Family History Group's](#) page on the Club's website. It is regularly updated with family history news and information.



FAMILY HISTORY GROUP SPECIAL INTEREST GROUPS



Need a bit of help sorting out your Ancestry DNA results?

Having issues navigating the 'Family Tree Maker' software program?

Want to know something about either of these?

Two groups which are meeting as offshoots of the Family History Group are;

- the DNA Group &
- the Family Tree Maker Group.

There are no set topics, and we work through issues members raise.

If you have done an Ancestry DNA test, or are thinking of doing one,

- The July DNA workshop will be 3rd Thursday of the month; **21 July**
- The July Family Tree Maker workshop will be 4th Thursday; **28 July**

We meet in the Parkview Hall at the Seniors Centre,

10.00 am until 12.00 noon

and, if you can, bring along your laptop
or wherever you have stored your results.

Liz Dean



DATES FOR YOUR DIARY!



SUNDAY TRIVIA QUIZ **24 JULY**

Time to restock the prize cupboard as our next Sunday trivia quiz is only a few weeks away. We will have our usual eight rounds of general knowledge questions, a team quiz sheet to work on between rounds and a couple of prize questions where you could win a Coles gift card. If that's not enough, there will be door prizes to give away, chocolates for everyone and an afternoon tea to enjoy while you have a chat with other club members.

Our quiz will include a couple of movie trailers, a classic TV comedy sketch and picture quizzes all projected onto our big screen and there will be a few tunes to get the feet tapping and the brain cells turning over. Why not start organising a team with your friends or family or just come along and join a team with your fellow club members?

So, pop the date into your diary, **Sunday 24 July starting at 2.00pm.** I hope you are able to join us for a fun and friendly afternoons activity – Norm Swanwick.



ENJOY A CHARMING RURAL ESCAPE! **THURSDAY – 28 JULY**

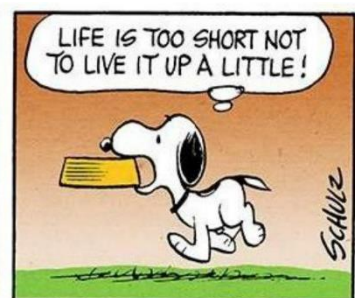
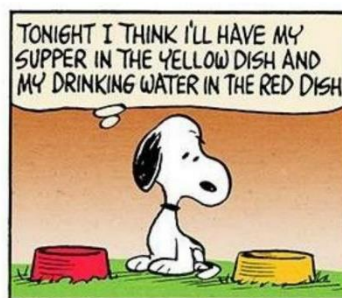
On Thursday 28 July, we are going to enjoy a slice of country tranquillity when we escape to the picturesque village of Bungendore. A cosy lunch at The George at the Lake George Hotel will await us and the menu selection (available in the Club Office) is designed for 'inner' warmth, complimenting the dining room's feature fireplace.

There will be time before and after lunch for a stroll around Bungendore's many heritage-listed buildings and we will provide you with a town map as a guide.

Leaving from the car park near the Burn's Club in Kett Street, Kambah at 10.00 am, we will be travelling again with Horizon Coaches. The day will not be too long as we will return around 3.00 pm.

Cost is \$55.00 which includes lunch.

**Bookings with payment
and menu choice
by Thursday 14 July.**



CALL TO WHEELS!



BICYCLE THEFT



& A WARNING TO SENIORS WITH EBIKES

This item comes from Norm Collings, leader of the Friday Cycling Group as a warning to all who own an e-bike as theft of these bikes appears to be accelerating!

ADAMS BIKES in Hume has had yet another break in which happened in the early hours of the Queen's birthday holiday Monday.

The thieves knew exactly what to take and stole 7 Fuji e-bikes, 3 ladies & 4 men's Traverse Models. Adam has asked for the following information to be circulated about the stolen Fuji E-Bikes within the Seniors cycling community, in particular if:

- anyone sees someone riding a new Fuji E-Bike (Ladies or Mens), or
- anyone is approached to buy or knows about a new Fuji E-Bike for sale via Face Book Market Place, Gumtree & etc

Adam is of the opinion that these stolen Fuji's may end up interstate as part of a sophisticated e-bike theft racket. He has also advised e-bike theft in Canberra is rampant and thieves are known to target **Seniors** riding expensive e-bikes by following them home and stealing their bikes later that evening or soon thereafter.

Here are 5 easy steps you can take to prevent your electric bike from being stolen:

1. Always lock your bike

The majority of bike thefts occur when your bike is left unattended even for short periods of time, so make sure if you're not going to be within arm's reach of the bike, you lock it up!

2. Only lock through the frame

The frame is the strongest part of any bike and it's also the only place on your bike you should be using to secure your bike. Locking your bike through the wheels is not safe as thieves can simply remove the wheel and carry the bike away.

3. Lock the battery

The most expensive part of any electric bike is not the bike itself, but the battery so it's no surprise that thieves are after them as well. Most electric bikes allow you to remove the battery using a key. It is important that you keep your battery locked on the bike when riding and leave the key in a safe place, in your house or on a keychain (not in the battery).

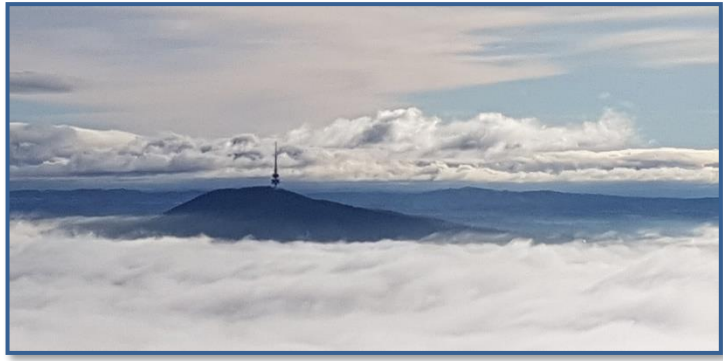
4. Take note of your bikes serial number

It's not always possible to completely avoid bike theft, so in the case that your bike is stolen, knowing your bike serial number can assist authorities in tracking it down.

5. Always bring your bike inside at night

Bike thieves are mostly nocturnal creatures that roam the streets at night, when it's dark, looking for unattended bikes. Whenever possible bring your bike into your house or apartment, or if you can't bring it indoors, lock it in a well-lit area with security cameras, like your apartment block car park.

CLUB BILLBOARD!



Last week 5 members (including the oldest member) of the men's exercise class took a walk up Mt Taylor. The view of the tower was almost in the group pic. Coffee later was at the "Cubbyhouse" coffee van in the parking area.



**MOVEMENT 4 MEMORY GROUP
& THEIR FABULOUS FANS!**



**PLANTING THE 'FLORIADE' ANNUALS!
THURSDAY 30 JUNE 22**



Last week there was an item about Basketball ACT expanding its weekly Walking Basketball program to the Tuggeranong Southern Cross Basketball Stadium, Court 1.

Two Club members went to this week's session and sent me the following feedback:

Just wanted to let you know that my husband (Bill) and I registered for Walking Basketball at Tuggeranong that was advertised in this week's newsletter.

It was a lot of fun and good exercise too. Also having coffee and cake after this activity at the Tuggeranong Southern Cross Club was an added bonus.

However, it was only the 2 of us plus the coach, so I would highly recommend this activity to other members at the Club so we can have a game next time after all the warmups.

This program does not run during the school holidays, so hopefully more people will join in the next term.

So why not give it a go as it does sound a fun way to get some exercise!

The sessions are held Tuesday mornings during school terms – 10.00 am – 11.00 am. The cost is \$10 per participant which also covers the cost of the hot drinks and cake of each session. For more information: www.basketballact.com.au